

# NEWS

From Supervisor Gary Ovitt  
Fourth District, San Bernardino County



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For information, contact  
Anthony Riley (909) 465-1895

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## Ovitt Joins Governor in Support of Student Physical Fitness

**San Bernardino- 4<sup>th</sup> District Supervisor Gary Ovitt** announced today that he would join Governor Schwarzenegger in encouraging local students to improve their health and physical fitness. The California Governor's Council on Physical Fitness and Sports is dedicated to promoting a physically active California with an emphasis on children and youth. Medical research has shown that physical activity during childhood and adolescence helps build healthier muscles and bones, increases self-esteem, and reduces the risk of juvenile diabetes.

"As a former teacher and sports coach, I recognize the need for our children to be healthy and physically fit. I believe that physical activity and fitness correlate with the academic successes of California's students, and it is essential that we do our part to ensure that children are not at risk for obesity and type 2 diabetes."

In support of the Governor's challenge and the long-term benefits of teaching present and future generations the importance of exercising daily and eating healthy foods, Supervisor Ovitt has proposed to expand the challenge program by awarding the top five participating schools in the 4<sup>th</sup> District with funds to be used to purchase physical activity equipment. Supervisor Ovitt will allocate \$12,000 dollars to be distributed as follows:

- \$5000 to the district school that has the highest percentage of students who complete the Governor's challenge
- \$3000 to the second place district school with the next highest percentage
- \$2000 to the third ranked district school, and
- \$1000 each to the fourth and fifth ranked district schools

"I had the privilege of having recently hosted the Juvenile Diabetes Walk for the County in my District. I walked side by side the children, parents and supporters of those helping to combat this deadly disease. This is another opportunity for us to do our part in helping our children to become physically fit, healthy and successful in their daily lives both academically and socially."

Students, teachers and school administrators can find out more information about the Governor's Challenge Competition at [www.CalGovCouncil.org](http://www.CalGovCouncil.org) or by contacting Supervisor Ovitt's District Office at 909-465-1895.